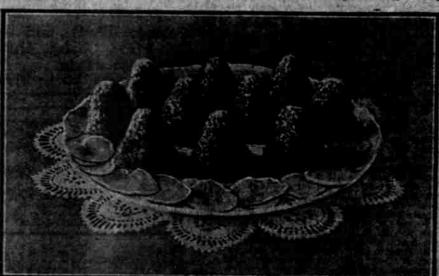
COMBNITHOME PAGE

CHARLES DWYER. .. Editor. E MODERN SCIENTIFIC HOUSEKEEPER STUDYING FOOD VALUES

WEALTHA A. WILSON'S ADVICE



The nutritive value of different kinds of meat gives food for thought, as well as the fact that various cuts of meat differ in nutriment. The flank contains more nutriment than the sirloin or loin; the round more than the po-terhouse. We know that meat is the typical proteid food, but we find that fish, shell-fish, cggs, milk and cheese are all proteid foods.

After a study of this kind we realize that in making a cheese souffle, for instance, we increase the proteid of the cheese by the proteid of the cheese by the int of the hatter, and have further supplied material for salt and pepper are sim



A MEAT AND VEGETABLE SURPRISE

PEAS WITH HAMBURG STEAK

Care and Watchfulness Necessary to Insure

Good Health

OME medical writers would give the impression that study is a very baleful thing for a girl arrow only the teacher but the family advisers, such as the clergyman and lawyer, who have a broad look-out upon life. It goes without saying that the foundations of which will affect her after-life, and girls lead, about the same life the girl gets to be about thirteen of about thirteen derstandingly, write well and legibly.

If the necessity arises, they will he able to earn a living. In these changing times no one can tell when such a state of affairs may come.

The question of over-study for girls should be gone into very farefully. It a girl cannot learn most of her bessent at school, then some of them should be dropped. An hour's study, or at most two, are all that should be taken after school duties and exactions dwarf physically and engender a train of which will affect her after-life. Every child should read well and understandingly, write well and legibly.

THE CUTS OF MEAT

THE NEW LACES

Novel Designs Shown in the Late Fall Offerings